

## **GRAPEFRUIT**

*Citrus paradisi*

*A cooling body tonic*

<b>Source:</b>	Italy
<b>Extraction:</b>	Cold expression of fruit peel.
<b>Blending Factor:</b>	3
<b>Odour Note:</b>	Top

### **Characteristics:**

Grapefruit is a yellow, greenish yellow to light orange liquid with a sweet, fresh, citrus odour that is characteristic of the ripe fruit.

### **Safety Precautions:**

Nontoxic, non-irritating and non-sensitising – only very slightly photo-sensitising.

### **History:**

Probable originated in West Indies during the 17th century from natural crosspollination between the Pomelo and Orange which were introduced previously from the east.

### **Therapeutic Actions:**

Alternative, antidepressant, antiseptic, astringent, diuretic, stimulant, tonic, Lymphatic stimulant

### **Enhances:**

Balance, optimism, confidence, joy, vitality, clarity of thought, creativity, spontaneity, and Inspiration.

### **Reduces:**

Depression, irritability, exhaustion, frustration, sadness, colds & flu, withdrawal symptoms

### **Uses:**

**Digestive system:** Poor appetite, anorexia,

**Nervous system:** Depression, headaches, nervous exhaustion, lethargy

**Lymphatic system:** Cellulite, obesity, fluid retention,

**Skin Care:** Acne, congested/oily skin, tissue tonic, promotes hair growth

**Muscular/skeletal:** Muscle fatigue, stiffness, exercise preparation

**Immune system:** Chills, Colds, flu, ingestion

### **Methods for use:**

#### **Massage**

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

#### **Bath**

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

## Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporizers are used, the oil should be added to water in the vaporizer pan.

## Footbaths

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

### Blends well with:

Basil, Citrus oils, Cedarwood, Chamomile, Cypress, Fennel, Frankincense, Geranium, Ginger, Jasmine, Juniper, Lavender, Neroli, Palmarosa, Rose, Rosemary, Rosewood, Ylang Ylang.

<b>Uplifting /Balancing Emotions</b>		<b>Jet Lag blend or bath</b>		<b>Fluid Retention rub</b>	
Grapefruit	2	Grapefruit	2	Grapefruit	2
Sandalwood	3	Eucalyptus	1	Geranium	3
Lavender	3	Rosewood	4	Juniper	3
Total drops	8	Total drops	9	Total drops	8
In Vaporiser		Carrier Oil	20ml	Carrier Oil	16 ml
		Or Dispersant	5 ml	Or compress hot water	